



**You In The Church...**  
**The Church In You**  
 Form a combination for good. We should attend church regularly. Every man, woman and child needs the influence of the CHURCH. Be faithful. Be a Churchman!

**How NECESSARY** is every cog in the wheel? If the wheels belong in my auto, then I know every single cog must be in its place and working smoothly. If that is important in the mechanics, how much more significant in the human and personal and social realm. I am a cog in a family, in a neighborhood, in a city, in a church. I wonder how well I work. What a lesson for each of us! For we all are tempted to go our own way... think of our own concerns, as if each of us was the whole wheel... the only person in the world.

**COGS IN WHEELS!** That is a good figure. How good a cog are you? Am I? When heavy loads are to be borne, do I carry my share of the weight? When necessary errands must run, do I gear in smoothly? Or do I insist on breaking out of the groove, that I may be noticed, or escape some of the grinding experience of helpful living? God is master of us all. He calls us to a particular little part in the world's work... each is a cog. He expects us to work for Him and to His glory. If we keep in place and function smoothly for the common good of His church and His world we shall know the blessing of work, "Well done, good and faithful servant."

# See You in Church ..... TODAY!

With the Hope that More People Will Come to Church This Series is Sponsored By the  
 Torrance Ministerial Association and Made Possible By the Following Civic Leaders:

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## Hamman Greet Baby Daughter Theresa Ann

Teresa Ann Hamman, weighing 8 pounds, 9 ounces, was born at the Santa Monica Hospital last week. The baby girl, second child of Mr. and Mrs. Walter Hamman of Hawthorne, was greeted enthusiastically by Patrick Joseph, her three-year-old brother. Proud grandmothers are Mrs. Anne Hamman of Torrance and Mrs. Herriot of Los Angeles. The father is supervisor of the receiving department at National Supply Co.

Greatest of Paris floods occurred in 1910 when the Seine River rose 31 feet 4 inches above normal.

## Reflections

By J. HUGH SHERFEY, JR.  
 FATHER'S DAY

While eating lunch the man next to me asked: "What's your favorite way to loaf?" Before I had a chance to reply he went on: "Me, I like to go to a big city, stop in the depot and watch the people." I thought of Father's Day and how easy it would be to make him happy.

E. C. Keenan said in his book, *Grand Dads*: "My happiest days were those when my grandson and I hunted rock specimens and wild flowers." A man I know gets a "bang" out of mixing a cake; another one is happiest when he's fishing; another one is at peace with the world when he's digging in his flowers; you know what dad likes to do, help him do it.

Father's Day is June 15th. Surely we can give him that one day to indulge himself in the recreation he enjoys most. He'll be happy and so will we.

"WE HAVE SERVED THIS COMMUNITY FOR 30 YEARS"

**Stone and Myers**  
 General Directors and Advisors  
 — SINCE 1922 —  
 1221 ENGRACIA AVE.  
 PHONE TORRANCE 185



**TROOP ENDS YEAR . . .** Girl Scout Troop 1299 concluded a year of service Friday evening with a pot-luck supper for their families in Torrance Park. After supper, the girls conducted a short program demonstrating the required skills for second class badges. Twenty-three of the 25 members of the troop are shown here just before the program.

## June, July Plans Told By AAUW

Activities of the American Association of University Women for late June and July were announced by Mrs. W. Madison Taylor, president, this week. The book section, San Pedro branch, will meet at the home of Mrs. H. L. Brier, 122 Camino de las Colinas, Hollywood Riviera on June 22, at 9:30 a. m. Members and prospective members are encouraged to attend. On June 25, a bridge-canasta luncheon of the San Pedro branch will be held at the home of Mrs. Helen Robinson, 1661 Via Arriba, Palos Verdes Estates, at 12:30 p. m. Mrs. Paul Truesdell, fellowship chairman, can be reached for reservations. Members and friends are welcome. From 10 a. m. to 4 p. m., on July 2, a pot-luck luncheon of the San Pedro branch will be given at the home of Mrs. W. Madison Taylor, 4020 Carolina St., San Pedro. Members and prospective members are encouraged to phone the hostess for reservations.

## Night Class To Be Given At Seaside

At 1 p. m. Tuesday, June 24, a new class in lampshade making will open at Seaside School, and will meet every Tuesday during the summer session. These classes, under the auspices of Torrance Adult School of Education will be conducted by Viola Boas. Registration will be in the classroom on opening day. Mrs. Boas also will conduct classes in lampshade making at Redondo High School, Pacific Coast Hwy. and Diamond, Redondo Beach, on Monday and Wednesday afternoon and evening, starting June 16. Registration is in room 11, Adult Education Bldg. There is no charge for any of these classes. The lamp problem of each student is discussed individually. The planning and designing of the lamp is carefully considered in its relation to the room, the home, and the ideals and preferences of those who must live with the lamps.

## Gardena High School Reunion Scheduled

Are you a graduate of Gardena High School class of June 1937? If so, be sure to come to the 15th year reunion at 12 noon Sunday, June 22, at the Whaley Field on the campus. Class President Tom Evans, 1659 W. 205th St., announced the families attending should bring their own lunches plus one pot-luck dish. He can be reached for details by phoning Torrance 2634-R. All members of the class are urged to attend.

### Torrance Church Calendar

**CENTRAL CHURCH**  
 EVANGELICAL UNITED BRETHREN  
 Marcelina & Arlington  
 Rev. Homer H. Miller, Tor. 131

9:30 — Sunday School  
 11:00 — Morning Worship  
 6:30 — Youth Fellowship  
 7:30 — Evening Worship  
 Midweek Worship Service 7:00  
 Wednesday evening

**FIRST LUTHERAN CHURCH**  
 Acacia and Sonoma  
 Rev. Paul Wenzke, pastor  
 Phone Tor. 591—Res., Tor. 3397-W

9:30—Worship Service.  
 1:45—Sunday School  
 10:45—Worship Service.



**WINS SCHOLARSHIP . . .** Receiving a certificate of scholarship good for one year at any Catholic high school is Brenda Martin, daughter of Mr. and Mrs. Albert A. Martin, 1630 Greenwood Ave. Presenting the award is Mrs. Bernard Harwood on behalf of the Catholic Daughters of America. Brenda was graduated from the Nativity Catholic School here Friday. She plans to attend Orange High School, she reports.

## B'nai B'rith Women Slate Board Meet

An open board meeting of the South Bay B'nai B'rith Women has been scheduled for 8:30 p. m. next Thursday, June 19, at the home of Ida Rosenfeld, 1829 W. 132nd St., Gardena.

Mrs. Louis Kash will conduct a workshop for the new officers and chairmen. This is an important meeting, according to Mrs. Claire Fein, and all members are being urged to attend. Any one needing transportation may call Torrance 2230-R or MEnlo 43980. Plans are also being made for the third annual fashion show of the group, Mrs. Fein reports. This will be held on Aug. 27 at the Torrance Woman's Club, Fashions by Emerson's of Inglewood, and children's fashions by Kale's of Torrance will be featured.

## Graham To Be New Assistant To Cub Pack

George Graham was appointed assistant cubmaster of Pack 241-C during the Cub Pack meeting recently in St. Andrew's Guild hall. Luke Nickol made the appointment and presented awards to Billie McDonald, Jimmie Sauver and Ronnie Cook. Phillip Nickol received his lion book and a gold year star was given to Mrs. Graham. A demonstration of weight lifting was given by Charles Slokum and Buddy Strawa, guests for the evening. Niel Robertson and Larry Graham played several selections and Mr. Slokum sang. Mothers of the Cub Scouts served refreshments at the conclusion of the evening.

**Return Trip Delayed**  
 Mr. and Mrs. Russell Lund, due to return to Torrance Tuesday, June 10, from their visit in Shenandoah, Iowa, will be delayed a few days. Mr. Lund's mother, Mrs. Gertrude Lund, 68, fell, breaking her hip, last week and is now seriously ill in Hand Hospital, Shenandoah.

## FABRIC CHANGE

Long the delight of decorators, flowered chair and drapery fabrics are giving way to nubbly textured solids, two-tone tweeds and petite provincial patterns.

## High Blood Pressure

**B**LOOD pressure—the pressure inside an artery—is best understood by comparison. It is comparable to water pressure in a hose. We know that water pressure is due to (1) force, such as gravity or a pump, (2) the size of the hose, (3) the amount of water in the hose. The blood circulation system consists of the heart (pump) and the arteries and veins (hose). When we use the term "blood pressure" we always mean the pressure in the arteries, which can be measured accurately by an instrument designed for this purpose. Now it will be easy to understand that blood pressure depends on the strength of the heart, on the amount of blood in the arteries, and on the size (caliber) of the arteries. Unlike a hose, an artery is elastic. With each heart beat the artery is stretched by the amount of blood forced into it. By keeping these facts in mind you will be able to have a better understanding of high blood pressure. The normal blood pressure can be estimated by adding 110 to one-half your age in years. This method is simple and fairly accurate. Thus the average normal blood pressure for men 40 years of age is 110 plus 20, or 130. Fifteen points may be added to or subtracted from the figure, thus arrived at and the blood pressure would still be considered within normal limits. The instrument used by doctors for taking blood pressure shows the amount of pressure (systolic) in the arteries during the heart beat, also the amount of pressure (diastolic) between heart beats. The diastolic pressure is normally about two-thirds of the systolic. High blood pressure is not a disease—it is only a physical condition. The physical condition most frequently causing high blood pressure is known as hypertension. This is a nerve tension which causes the caliber of

the arteries to decrease, and, of course, the smaller the caliber the higher the pressure. Such nerve tension may result from worry, mental or emotional strain, overwork, or from certain diseases, such as diabetes, toxic goiter, and lead poisoning. Another condition that causes high blood pressure is hardening of the arteries. As we grow older our arteries become less elastic and as a result the blood pressure shows a gradual rise with the passing of time. This is a normal condition. But sometimes the arteries become abnormally hardened as a result of certain disease conditions that prevail in the body. The most frequent symptoms of high blood pressure are headache, dizziness, and "ringing in the ears." There is a marked tendency to tire on slight exertion and a feeling of fullness in the head.

These are, however, some things one can and must do in order to keep his high blood pressure from going up to the danger point. The same rules apply to the prevention of disease that cause the blood pressure to go too high. Here they are:

1. Don't go to extremes; be moderate in your living habits.
2. When conditions permit, slow down a little, especially after 40.
3. Abstain from highly seasoned foods, salt, pepper, vinegar, etc., should be used sparingly if at all.
4. If possible find time for a period of rest sometime during the day.
5. Find some kind of diversion to take your mind off the daily round of work.
6. As far as possible avoid strain—physical, mental, and emotional—especially worry and fear.

**HEALTH CHATS** sponsored by R. A. Larson, D.C. Ph.C., 1110 Cartori Ave. Torrance, Phone 2130.